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Bangalore Mirror

TEMP Max 30 | Min 19 | Humidity 48% Partly Cloudy Sensex 83,079 | Nifty 25,418 | Gold 73,200 | Silver 89,402 | Dollar 83.78 | Euro 93.14 | GBP 110.30

DONKEY WORK

200+ farmers duped by company that promised profits by rearing donkeys to sell its 'miraculous' milk

PAGE 5

JUST NOT DONE

Pourakarmika union plans to protest caste and gender-based atrocities against 6 workers

PAGE 6

Most fans in umbrellas set up at various junctions in city are defunct, plus there is no provision for drinking water supply making these installations too hot to handle for traffic policemen

SWELTER SHELTER

BBMP along with private firm set up 143 umbrellas in 2020

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Hundreds of traffic police constables were very relieved when the Bruhat Bengaluru Mahanagara Palike (BBMP) Traffic Engineering Cell, in association with a private company, installed traffic umbrellas at 143 traffic junctions in 2020. The traffic umbrellas were a great help for the traffic police and also added value to the traffic junctions.

However, three years after the umbrellas were installed, many traffic policemen are not enjoying their shelter very much. Each traffic umbrella has the provision for a fan, exhaust fan, drinking water, mobile charging point, first aid box, public address system, chair and table. "The fan has not been functioning for many months. It has become difficult to remain inside the umbrella during summer. We have to keep the door open to have fresh air inside the traffic umbrella," said a police constable using the traffic umbrella in front of the Traffic Management Centre (TMC) on Infantry Road.

Fans and exhaust fans at traffic umbrellas installed at MG Road and Brigade Road Junction, Thimmaiah Circle are not functioning thus causing a lot of inconvenience to the traffic policemen. "There are many defunct fans at traffic umbrellas installed at many junctions in the city. We have complained to higher authorities but nothing has been done to fix this problem," said a police constable.

> "There are many defunct fans at traffic umbrellas installed at many junctions in the city. We have complained to higher authorities but nothing has been done to fix this problem
>
> —Police constable

No water to drink

Lack of drinking water is another problem for traffic policemen during the summer. A philanthropic traffic police

CONTINUED ON PAGE 8 »

No signal for others, full bar for inmates

Probe into how some inmates were able to use cell phones inside Parappana Agrahara reveal startling details

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Some time ago, the streets of Parappana Agrahara were filled with frustrated residents protesting against a strange problem—they couldn't get mobile signals. The reason? The prison nearby had installed 'powerful' jammers to block illegal phone usage inside, but it was affecting the entire neighbourhood. People living near the prison complained about their inability to make calls, facing constant network disruptions.

Yet, in a twist of irony, while the jammers were wreaking havoc on the lives of innocent residents, it seemed that certain inmates within the jail were casually using mobile phones, seemingly unaffected by the high-tech security measure. Naturally, the locals are now left scratching their heads—how could the same jammers block their signals but have no effect on the prisoners?

Dongles and black spots

As the illegal activities at Parappana Agrahara prison unravel, investigators have made a startling discovery: inmates were accessing the internet with the help of dongles placed in black spots within the prison. These areas, immune to the jammers,

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Art exhibition

Art@Urban Solace presents an exhibition and sale of the artworks of Dhariya. Dhariya is an abstract artist from Bengaluru who loves to play with colours and textures. She mostly works with acrylic paints on canvas but also creates using cyanotype and doodle art with ink pens. **Where: Urban Solace; When: Until September 30, 11 am to 10 pm**

02 Charity run

Join in for the Terry Fox Run 2024, conducted in commemoration of Canadian cancer activist Terry Fox to raise money for cancer research at Canadian International School, Bangalore (CIS) in association with the Terry Fox Foundation. The run starts at CIS Campus, travels around the neighbourhood and the lake on Manchenahalli, Yelahanka, and finishes at CIS. The run is open to all students, teachers, and parents across Bengaluru, as well as other guests. Participants are welcome to walk, jog, bike, skate, or run at their own pace. **Where: CIS Campus, Yelahanka; When: September 21**

03 Puppet show

Join in for this immersive theatrical experience by watching 'Circle of Life,' a puppet show for children above 5 years, written and directed by S Surendranath. From childhood to old age, a human life goes through various stages—physically and emotionally. Let us remember that at each stage of our lives, we are protected and nurtured by nature. Be it a child, a boy, or an old man, life at every stage is very precious. **Where: Ranga Shankara; When: September 22, 3:30 pm & 6 pm**

Researchers shine light on 'Hikikomori syndrome'

No official cases in India yet, but NIMHANS researchers find case where boy seeks help for social withdrawal and excessive online activity

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The boy became increasingly withdrawn, isolating himself in his room and playing eight to ten hours a day, often staying up until midnight, and avoided face-to-face contact with both his family and others

Social withdrawal and isolation have recently been recognised as issues that can impact a person's life and even have long-term effects on the economy. Hikikomori, a Japanese culture-bound syndrome has only recently become a focus in mental health research, and between 0.9% and 3.8% of people have experienced it, according to studies. It mainly affects individuals aged 12 to 30 and is marked by a tendency to withdraw from social life.

While no official cases have been reported in India, experts from the National Institute of Mental Health and Neuro-Sciences (NIMHANS) have come across a case where a person sought help for social withdrawal and excessive online activity. Published in the Archives of Psychiatry Research, the study was conducted by multiple professors, including Dr Shweta Sunil, Dr Manoj Kumar Sharma, Dr Nitin Anand, Dr Anamika Sahu, Dr Rajesh Kumar, and Dr Ravikesh Tripathi, from the Service for Healthy Use of Technology (SHUT) clinic and Department of Clinical Psychology, NIMHANS.

Study details

An 18-year-old named Rithvik (name changed) lost interest in schooling during the COVID-19 pandemic. Post-pandemic, as the schools reopened, his attendance became irregular, and he started spending most of his time browsing the web, using social media, and primarily playing online games. He became increasingly withdrawn, isolating himself in his room and playing massively multiplayer online games (MMOs) for eight to ten hours a day, often staying up until midnight, and avoided face-to-face contact with both family and others.

When his family encouraged him to "hurry up and complete academic or household tasks,' "wake up early and catch the school bus on time," "maintain personal hygiene," "plan his future, discuss his career, or spend time with them," he showed signs of frustration and irritation. His parents often confronted him about his behaviour, leading to angry outbursts and even greater withdrawal from those around him.

When he visited the specialised clinic, he expressed concerns about his uncertain future, low self-confidence, and feelings of sadness due to a perceived lack of skills. He had difficulty engaging in social interactions and felt isolated, with no one to confide in, and also struggled to control his excessive online gaming, often explaining that video games made him feel alive and provided a sense of safety. Given his symptoms, the experts determined that Hikikomori syndrome was the most fitting diagnosis, said the researchers.

> **"A larger cross-sectional research survey is needed to better understand risk and protective factors involved in these kinds of cases**
> – Researchers

He was then treated using cognitive behavioural therapy (CBT) to help him address his thoughts around gaming and online activities, reduce his social withdrawal, increase his engagement in daily activities, and improve his interactions with family. However, due to irregular attendance at therapy sessions, significant progress in treatment could not be made. In conclusion, the case highlighted the need for more focused interventions, both for the individual and their family, to improve social reintegration and reduce the risk of Hikikomori and Internet Gaming Disorder (IGD).

The researchers of the study suggested that while the clinical interview technique was useful in exploring this issue, a larger cross-sectional research survey is needed to better understand the risk and protective factors involved. Such findings would help in identifying populations at risk for IGD and who could be guided early with targeted interventions, thereby reducing the risk of both Hikikomori and IGD.

New Chief General Manager of SBI, Bengaluru Circle

Joohi Smita Sinha has assumed charge as the Chief General Manager (CGM) of the State Bank of India's Bengaluru Circle, which covers the Karnataka state. Prior to this, she was the Chief General Manager (Organisational Planning and System & Procedures) at SBI, Corporate Centre, Mumbai. Bengaluru Circle comprises Bank's operations in Karnataka and is having 1700+ branches and managing balance sheet of more than Rs 4,90,000 crore. A probationary officer of the 1995 batch, Sinha has varied banking experiences in areas like retail banking, corporate banking, and human resources, with a cumulative experience of more than 29 years in the banking industry. **— BMB**

Leopard spotted near toll plaza in Electronic City

Officials from Karnataka Forest Department (KFD) have confirmed the sighting of a leopard in a CCTV camera near a toll plaza in Electronic City. The big cat was seen in the early hours of Tuesday. "A leopard has been sighted in that area and the Leopard Task Force along with the other Forest staff are already on the job and monitoring the movement of the leopard," said a senior official from KFD. This is the second sighting of a leopard in the city in the recent past. A couple of weeks ago, a leopard was spotted in Jigani. In the past when such sightings were reported, officials have advised the public to remain vigilant and promptly report any further sightings. **— BMB**

4 of family killed, 1 injured as car crashes into tree

Four members of a family died on Tuesday after their speeding SUV car crashed into a tree near Bandrapura Gate on the Bengaluru-Mangaluru highway in Magadi Taluk, Ramanagar district. One family member who was in the car is left gravely injured in the crash.

The victims were identified as Nanjunda (58) (the driver); his wife Sardamma (50); his mother Badraamma (80); and his friend Nagaraj (55). Nanjunda's daughter, Kusuma (21), sustained serious injuries and is receiving treatment at a government hospital. All were residents of Bagalkote.

The family was returning to Bengaluru after visiting a temple in Kunigal when the accident occurred around 4:10 am. Preliminary investigations suggested that the driver may have fallen asleep at the wheel, causing the vehicle to lose control and crash. Four occupants died on the spot, and the car's front end was severely damaged. A dog in the vehicle escaped with minor injuries. A case has been registered by the Kudur police. **— BMB**

From vehicles to electronic devices, thieves are taking it all

City police arrest 8 suspects, recover 32 two-wheelers & 5 autorickshaws

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Bengaluru is witnessing a surge in thefts. Recently, 23 complaints have been filed, targeting two-wheelers, autorickshaws, and electronic devices. The city police have arrested eight suspects and recovered stolen vehicles valued at Rs 35 lakh, including 32 two-wheelers and five autorickshaws.

Bengaluru Police Commissioner, B Dayananda, urged the public to be vigilant about vehicle security. "When parking your vehicle, whether in front of your house or at a mall, ensure it is properly locked and secured. Choose a safe location and, if possible, utilise modern anti-theft measures like GPS trackers and advanced locking systems. Even when parking at night, take extra precautions to protect your vehicle and help prevent theft."

Electronic device theft

The Whitefield Police arrested an accused for stealing 50 laptops worth Rs 22 lakh. The accused, a former system administrator at a Whitefield-based company, had been systematically stealing laptops from his workplace since February 2024. The theft came to light when the company filed a complaint on August 30, 2024. After tracking the suspect, the police found him in Hosur, Tamil Nadu, on September 2, where he was caught with five stolen laptops. Upon further interrogation, the accused confessed to selling 45 laptops to an electronic shop in Hosur.

Similarly, two individuals were arrested for mobile phone theft following a complaint filed on June 4, 2024, by a Swiggy delivery worker with the Puttenahalli Police. The suspects were apprehended on August 31 and were already in judicial custody for a dacoity case. On September 5, police recovered 20 mobile phones worth Rs 4.17 lakh and a stolen two-wheeler from the suspects' associates.

Vehicle thefts

In Soladevanahalli, police arrested three individuals for stealing two-wheelers from different parts of Bengaluru while investigating a complaint of a stolen vehicle from AGB Layout filed on August 29. The trio was arrested on September 8 near Saptagiri Junction. Upon interrogation, they admitted to stealing 12 two-wheelers, which were recovered from different locations, including Acharya College, MSP layout, Old Railway Station Road, and Chikkabanavara. The officials are tracing the owners of the recovered vehicles.

"When parking your vehicle anywhere, always ensure it is properly locked and secured. Choose safe location, and if possible, utilise modern anti-theft measures like GPS trackers & advanced locking systems

In another case, the Byadarahalli Police nabbed two suspects involved in stealing 10 two-wheelers and an autorickshaw near the Nice Road Bridge on August 16. Further investigations revealed their involvement in multiple thefts across the city. The stolen vehicles, amounting to Rs 7 lakh, which were parked in an empty lot near Sai Garments, were recovered.

Moreover, while investigating a vehicle theft case at Forum Mall on September 2, Bengaluru Police arrested two individuals for stealing two-wheelers, recovering nine vehicles valued at Rs 5 lakh. The suspects were arrested on September 6 near Malleswaram Railway Station, and the vehicles were found in a vacant lot in Narayananagar. Both accused were remanded to judicial custody.

Similarly, following a complaint of autorickshaw theft on September 9, police have arrested a man involved in stealing three autorickshaws and two-wheelers. The police recovered the stolen vehicles from ISRO Layout on September 13, valued at Rs 5.95 lakh.

In another alarming incident, three individuals were arrested for robbing mobile phones using an autorickshaw and a machete. While investigating a mobile phone theft in Hanumantha Nagar, the police tracked down the suspects and recovered six stolen mobile phones, the machete, and the autorickshaw used in the robbery, recovering 1.60 lakh.

Strip & chase case: Cops shoot goon in leg

Bengaluru police on Tuesday shot a goon in the leg for attacking a head constable and resisting arrest in a strip and chase case. The accused, a known history-sheeter, has been identified as Pavan, alias Kadubu, who was wanted by the police for stripping a youth naked and chasing him for passing information to the cops, leading to his arrest.

Deputy Commissioner of Police West, S Girish, stated on Tuesday that following the stripping incident, two special teams were formed to apprehend Pavan. The police tracked him using his mobile location, and the team went to arrest him. The accused attacked Head Constable Venkatesh and attempted to escape. Inspector Subramani K asked him to surrender and fired a warning shot in the air. However, Pavan was shot in his right leg and arrested after he tried to attack the police personnel with a weapon and attempted to flee again.

Pavan was then shifted to Victoria Hospital for treatment. He has seven criminal cases against him at Rajagopalnagar police station, three at Kamakshipalya, and one each at Jnanabharathi police station in Bengaluru and Amruthur police station in Tumakuru district.

The incident originated from a quarrel between Pavan and a local youth, Nagarjun, during a cricket match a few months ago. Nagarjun had filed a complaint with the police, leading to Pavan's arrest by Kamakshipalya police. After obtaining bail and being released from prison, Pavan attacked Nagarjun. He intercepted the victim, stripped him naked in public, and forced him to run away.

Nagarjun filed a complaint regarding the incident on September 16 at Kamakshipalya police station. Additionally, on Sunday, Pavan and his supporters attacked a local youth named Vishwas with a machete in Srinivasa Nagar, Bengaluru, and threatened to kill him if he reported the incident to the police. **– IANS**

Uncertainty clouds Bettahalsuru, Chikkajala Metro project

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The construction of Metro stations at Bettahalasur and Chikkajala, part of Namma Metro's Blue Line (Phase 2B) connecting Bengaluru's Kempegowda International Airport, is likely to be dropped by the Bangalore Metro Rail Corporation Limited (BMRCL). The proposed Bettahalasuru station was expected to cost Rs 140 crore, while the Chikkajala station had an estimated budget of Rs 130 crore.

However, due to funding issues and the fact that these two stations were not part of the original Detailed Project Report (DPR), the decision to halt their construction has been considered, according to Metro officials.

The 36.44 km-long Namma Metro Phase 2B line will have 17 stations in total. Chikkajala and Bettahalasuru stations were not included in the initial DPR but were later added due to pressure from local residents and other factors.

In 2019, the state cabinet approved this plan, but since the stations were not part of the original proposal, the central government did not provide the necessary funding. As a result, the state government was expected to bear the entire cost.

A private company had shown interest in funding the Bettahalasuru station, but now they are reportedly backing out, making the future of these stations uncertain.

Man jumps onto Metro tracks, rescued

A 30-year-old man was rescued on Tuesday after allegedly trying to end his life by jumping onto the tracks at Jnanabharathi Metro Station, causing a brief disruption on the entire Purple Line, officials said. The incident occurred around 2:13 pm. The reason for the man's actions is still unclear. According to Metro authorities, the individual, identified as Siddarth from Bihar, jumped onto the tracks just as a train was approaching the station. The station staff immediately activated the Emergency Trip System (ETS), halting the train in time and he was rescued. No injuries were reported. Metro services on the Purple Line were restored by 2:30 pm. During the disruption, two trains were temporarily operated in a short loop between Mysuru Road and Jnanabharathi instead of continuing to Challaghatta, officials added.

Incidents involving individuals falling onto Metro tracks, whether accidental or intentional, are on the rise at local Metro stations. In August, two visually impaired passengers travelling from Jaynagar to Attiguppe Metro Station on the Green Line who accidentally fell onto the tracks at Nadaswamy Kempegowda Station in Majestic were rescued after swift ETS activation and with the help of fellow passengers.

Earlier in June, a 34-year-old man from Bengaluru, who was suffering from depression, attempted to end his life by jumping in front of an oncoming train at Hosahalli Metro Station. Fortunately, he survived and sustained only minor head injuries.

Note: If you or someone you know is in distress or has suicidal tendencies, please call Arogya Sahayavani (104) for help

Pothole fixes worth ₹10 crore fail to hold

BBMP delays road repairs amid high complaints; official calls for better maintenance of flyovers, improved tax collection and garbage management

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Since April, over ₹10 crore has been spent on filling potholes across Bengaluru, yet they keep reappearing, with the Bruhat Bengaluru Mahanagara Palike (BBMP) missing multiple deadlines. The BBMP initially aimed to fix all potholes by September 17, but officials now admit it may take longer as complaints continue to flood in through the dedicated app.

BBMP Chief Commissioner Tushar Giri Nath explained, "We were given two deadlines, with the most recent from Deputy Chief Minister DK Shivakumar, who set a target for September 7. However, we receive 1,300 to 1,400 complaints daily, of which around 1,000 are pothole-related, while the rest concern issues like footpaths and streetlights." He added that approximately 800 potholes are filled daily, but the backlog is significant. "We have identified stretches of roads that are not technically classified as potholes, yet we are addressing those as well," he said.

So far, about 3,000 potholes reported via the 'Gundi Gumana' app have been fixed, with another 3,000 identified by BBMP engineers currently being addressed. Additionally, 32,200 square meters of bad road stretches have been resurfaced, equivalent to roughly 8,000 potholes if calculated at two square metres per pothole. On average, ₹15 lakh has been spent per ward on pothole repairs, amounting to ₹10 to ₹15 crore between April and September.

Meanwhile, during a meeting of officials on Tuesday, Nath directed officials to ensure the proper maintenance of flyovers and underpasses within the BBMP jurisdiction. Addressing a video conference on various city-related issues, he instructed officials to inspect all flyovers and underpasses owned by the BBMP and ensure they are well-maintained. He stressed that the lifts at the city's skywalks (pedestrian bridges) must be kept in working condition, and cleanliness around all skywalks should be maintained to ensure a smooth passage for pedestrians.

File photo: Motorists navigating through pothole-filled road

> **"We receive 1,300 to 1,400 complaints daily, of which around 1,000 are pothole-related, while the rest concern issues like footpaths** – Tushar GN, BBMP

Property tax collection

The Chief Commissioner also stressed the need to collect property taxes from defaulters who owe substantial amounts to the BBMP. The one-time settlement scheme has been extended until the end of November, and special commissioners were instructed to take necessary measures to ensure defaulters pay their dues promptly. Giri Nath urged the officials to identify and clean up "black spots" where garbage is dumped on roadsides, pedestrian pathways, and vacant lots. He emphasised the importance of ensuring these areas do not turn into dumping grounds again and called for awareness campaigns to educate citizens on the issue.

He added that roadside garbage dumping spoils the city's beauty, and appropriate action must be taken in every zone. He also directed officials to ensure proper maintenance of streetlights, particularly along major roads, flyovers, and underpasses.

Bellandur school hit with fine for illegal flexes

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In a decisive move against unauthorised advertisements, the Bruhat Bengaluru Mahanagara Palike (BBMP) officials of Ward 150 have imposed a penalty on an international school in Bellandur for installing illegal flex banners on Harlur Main Road. The school had displayed large flexes advertising its name on roadways designated as no-parking zones, prompting a swift response from local authorities.

The incident unfolded when a vigilant resident alerted the BBMP officials about the illegal banners. Within hours of the complaint, BBMP ward officials took immediate action, fining the school for the violation. This prompt enforcement was met with widespread approval from the community, who expressed their delight at the BBMP's proactive stance. Residents have voiced their support for the BBMP's actions and have urged that similar measures be implemented citywide to curb the prevalence of illegal flexes and banners. The growing call for stricter regulations highlights a significant concern about the environmental impact of such advertisements.

Flex banners, commonly used for public advertisements, pose several environmental hazards. Made primarily from PVC (polyvinyl chloride), these banners are non-biodegradable and contribute significantly to environmental pollution. When disposed of improperly, they contribute to landfill waste, where they can take hundreds of years to decompose. The production process of PVC also involves harmful chemicals that can leach into soil and waterways, further impacting local ecosystems.

Moreover, the installation of flexes on roads can obstruct traffic visibility and safety, creating potential hazards for drivers and pedestrians alike. These banners often end up littering public spaces, detracting from the aesthetic appeal of urban environments and contributing to urban blight. "The BBMP's recent enforcement action reflects a growing awareness of these issues and a commitment to maintaining public spaces and road safety. These flexes don't just clutter our streets but end up in landfills, damaging the environment. I hope this action motivates others to stop using them and find more sustainable ways of advertising," said a resident.

File photo of unauthorised flex banner

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

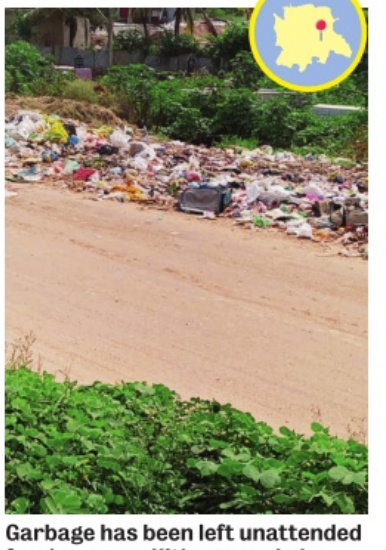
Worn footpath
Whitefield

The footpaths at AECS Layout, Whitefield, are deteriorating.

Trash neglect
Balaji Nagar

Trash is piling up uncollected on 6th Cross, Balaji Nagar, near Lakshmi Theatre.

Unattended garbage
Thambu Chetty Palya


Garbage has been left unattended for days near Kithaganur Lake, Thamu Chetty Palya.

HC upholds conviction in 14-year-old fake currency case

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The Karnataka High Court has recently affirmed the conviction of T N Kumara, who was found guilty of possessing counterfeit currency notes 14 years after committing the offence. The single-judge bench, headed by Justice Ramachandra D Huddar, upheld the conviction under Section 489B and C of the Indian Penal Code, which was originally handed down in 2013.

In its judgment, the court stated, "The Impugned judgment of conviction and order of sentence dated 3-1-2013 passed is hereby confirmed. The accused shall surrender before the trial Court forthwith to undergo a sentence (five years). The Trial Court shall take steps to secure his presence in accordance with law and commit him to the prison to undergo sentence."

According to the prosecution, Kumara was arrested on March 2, 2010, near the Institute of Engineering Building in Mysore. He was found to be in possession of 30 counterfeit currency notes, each with a denomination of Rs 500 and bearing the same serial number, 2BE901745. The prosecution argued that Kumara was fully aware that the notes were counterfeit and intended to use them as genuine currency.

The appellant challenged the conviction, arguing that the evidence presented by the prosecution was insufficient to prove his guilt. He also claimed that the police had not seized his purse, which contained Rs

200, and that the ingredients of the offence were not duly proven in accordance with the law. The appellant further contended that the evidence presented by the prosecution created doubt in the case and that he should be given the benefit of the doubt.

However, the prosecution countered these arguments, stating that the accused had not offered any explanation for possessing the counterfeit currency notes. The Reserve Bank of India had also confirmed in its report that the notes sent for verification were indeed counterfeit.

After reviewing the records, the bench noted that there was no explanation provided by the accused regarding how the non-genuine currency notes came into his possession. The court also rejected the appellant's contention that the trial court had based the conviction on the evidence of official witnesses, stating that police witnesses are also competent witnesses under the Indian Evidence Act, and their evidence must be accepted if found trustworthy.

The court further noted that the complainant had consistently testified about receiving information regarding the accused's trafficking of counterfeit currency notes and conducting raids in the presence of panchas, leading to the seizure of the fake notes. The court held that this evidence was sufficient to prove the ingredients stated under Sections 489-B and C of the Indian Penal Code.

Additionally, the court observed that the accused had attempted to escape from the scene upon seeing the police, which demonstrated his guilty mind and conscious possession of the counterfeit notes. The court concluded, "The accused was found in possession of counterfeit currency notes and were recovered from his possessions which were fake to the naked eye. All the notes contained the same number, they were photocopies of genuine notes and the colour was different. This itself is sufficient to prove mens rea."

Donkey 'miracle' milk turns into big scam

Over 200 people have been duped by AP-based company promising profits through donkey rearing; authorities are probing them for operating without licence

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In the era of cyber scams, more than 200 people have fallen prey to the 'donkey scam' in the state. Sources said that around 200 unsuspecting individuals have reportedly been duped by an Andhra Pradesh-based private company. Promising massive profits through donkey rearing and marketing its milk as a 'miraculous medicinal product', the company has collected large sums of money from the public.

The Andhra Pradesh company recently opened a branch in Hospet, Vijayanagar district and has been convincing people to sign a three-year agreement on a ₹500 bond paper to start donkey rearing. As per the agreement, for ₹3 lakh, the company provides three female donkeys and three foals, which they claim is one 'unit.' Some individuals have even purchased multiple units, with reports indicating that over 20 units have already been sold. After 20 days post-agreement, the company delivers the donkeys, which are reportedly sourced from various states including Rajasthan and Gujarat.

Stringent conditions on milk production

Sources said that once the donkeys are handed over, the company collects the donkey milk directly from the farmers. Each set of three donkeys is expected to produce 1.5 litres of milk daily, with a maximum of up to 2 litres. If the milk production exceeds this limit, the company reserves the right to cancel the agreement and confiscate the money paid by the farmer. Conversely, if the milk production falls below 1.5 litres, the company promises to provide a replacement donkey within 10 days. Farmers are assured ₹2,350 per litre of donkey milk.

For Rs 3 lakh, company provides three female donkeys & three foals

Company claims donkey milk cures various ailments & is used in products like medicines. Farmers were promised high profits and given storage equipment for milk

Bold promises for farmers

The company has delivered donkeys to many farmers, promising a lucrative rate of ₹2,350 per litre for donkey milk. According to the agreement, farmers are to be paid for the milk every 10 days.

Misleading claims to create demand

The company has reportedly convinced farmers that donkey milk is a wonder remedy, especially for children and asthma patients, while also claiming that it is used in the production of medicines, soaps, creams, and various other products. Farmers have been lured into signing agreements with promises of large profits. Additionally, the company provides fridges, milk collection equipment, and bottles for storing the milk.

Farmers demand investigation

Now, farmers' associations have raised concerns about the company's intentions, questioning the unusually high prices of the donkeys, which typically cost ₹20,000 to ₹30,000 each in the local market. They suspect foul play, as the company is charging ₹1 lakh per donkey and providing sets of three donkeys. Farmers are worried that the company could close down after collecting significant sums of money, leaving them in the lurch. A farmer's association has submitted a formal request to the district authorities, urging a comprehensive investigation into the company and calling for the recovery of the farmers' money if the company is found guilty of fraud.

District Administration initiates investigation

The Vijayanagar District Administration has launched an investigation into the exorbitant sale of donkeys and the related milk-buying scheme. Initial inquiries have revealed that the company is operating without a valid trade licence, raising suspicions about its business practices. The company's documents are under scrutiny, and appropriate action will be taken once the facts are confirmed.

Immediate action to be taken

Responding to complaints about the donkey-selling scam, MS Divakara, the Deputy Commissioner of Vijayanagar, has dispatched the Director of Urban Development Planning to inspect the company. It was confirmed that the company does not hold a valid trade licence, and further legal action is pending. The district authorities have vowed to take strict measures against the company if it is found guilty.

BJP MLA remanded to judicial custody

The Special Court for MLAs/MPs in Bengaluru has remanded the arrested BJP MLA Munirathna from Bengaluru to judicial custody on Tuesday.

The court has adjourned the matter for further hearing to September 17. BJP legislator from Karnataka's Raja Rajeshwari Nagar constituency, Munirathna, was arrested on Saturday for allegedly issuing death threats to a contractor and making casteist slurs against the Vokkaliga and Dalit community. He will be sent to the Central Prison in Bengaluru. Senior counsel Ashok Harnalli appeared for MLA Munirathna.

An audio clip of Munirathna purportedly making casteist slurs against Vokkaligas and Dalits while giving life threats to the contractor also went viral.

He was arrested at Nangali village near Mulbagal town in Kolar district. The court had earlier handed him over to two days of police custody on Sunday. The accused MLA was arrested while trying to escape to Chittoor in Andhra Pradesh.

The police tracked him through his phone location. After making the arrest, Kolar Police handed over Munirathna's custody to Bengaluru Police.

Cheluvaraju, the contractor who reported MLA Munirathna to the police, met Chief Minister Siddaramaiah last Saturday. He informed the Chief Minister that despite two FIRs being filed, no action had been taken.

Karnataka Police had filed two FIRs against the BJP MLA from the Rajarajeshwari Nagar constituency.

The cases were registered at the Vyalikaval police station in Bengaluru. Cheluvaraju claimed that the police are not initiating any action against the BJP MLA even after registering FIRs. Siddaramaiah assured him of legal action and protection. In addition to Munirathna, cases have also been filed against his Personal Assistant Vijaykumar, security personnel Abhishek, and Vasanth Kumar.

–IANS

BBMP Pourakarmikara Sangha calls for protest

Six women workers were assaulted and subjected to caste-based abuse while on duty

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Bruhat Bengaluru Mahanagara Palike (BBMP) Pourakarmikara Sangha has condemned caste and gender-based atrocities against pourakarmikas, and has called for a protest after an incident has come to light.

On September 11, 2024, in BBMP Ward No 72, six female pourakarmikas were allegedly violently assaulted and subjected to caste-based abuse while performing their cleaning duties. The incident involved a local resident, Chandru, and his mother, who verbally abused the pourakarmikas with caste slurs, destroyed one worker's phone when she attempted to record the abuse, and physically assaulted several workers, causing serious injuries. Despite the filing of an FIR under the SC/ST (Prevention of Atrocities) Act, no arrests have been made to date, said the Sangha.

The BBMP Pourakarmikara Sangha has condemned both the violence and the inaction by the authorities, calling for urgent action. At a press conference held on Tuesday, the Sangha highlighted the failure of the police to take adequate action and arrest the culprits. They have announced a protest to be held in front of the BBMP office, demanding immediate justice and systemic reforms.

Nirmala, president of the BBMP Pourakarmikara Sangha, addressed the press, stating, "This incident highlights the great dangers under which pourakarmikas are forced to work. It also shows the triple oppression they endure daily—based on their caste, gender, and class. Despite doing essential public health work, they are met with systemic discrimination and violence, which needs immediate attention and correction."

Sangha demands officials to arrest culprits, and for BBMP to provide protection to its workers

> **"Are we not entitled to justice? Why is our case being treated differently just because we come from Dalit and poor communities? We demand equal justice**
>
> –Muniratna, victim of assault

Lakshmi, one of the pourakarmikas who was assaulted, spoke emotionally about the violation of her dignity and the lack of accountability from the authorities. "Why have the culprits not been arrested yet ?" she questioned. "They violated my dignity in public, and the fact that there has been no action against them shows negligence towards workers like us," she emphasised.

Muniratna, another victim of the assault, expressed her frustration at the differential treatment they are receiving due to their marginalised status. "Are we not entitled to justice? Why is our case being treated differently just because we come from Dalit and poor communities? We demand equal justice," she said. Rangamma highlighted the daily caste atrocities faced by pourakarmikas, stating, "It's not this one incident alone. We deal with untouchability every day. We are not allowed to touch the gates of certain houses, and people give us water in bathroom mugs."

Appanna, State secretary of All India Central Council of Trade Unions (AICCTU), condemned the systemic exploitation of Dalit workers within the BBMP. He said, "This incident points to a deeper, systemic problem within the BBMP. Dalit pourakarmikas, especially women, are subjected to exploitative working conditions and treated as disposable labour. The BBMP and the State government must act immediately to ensure fair and dignified working conditions for all pourakarmikas."

In response to the authorities' failure to arrest the accused and the BBMP's lack of protection, the BBMP Pourakarmikara Sangha has called for a protest on Wednesday, in front of the BBMP office. Their demands include the immediate arrest of the culprits involved in the assault, compensation of Rs 10 lakhs for each of the assaulted pourakarmikas, implementation of strict safety measures to protect them from violence and harassment and introduction of comprehensive reforms to address the systemic exploitation of Dalit, female, and low-income workers within the BBMP.

Custody of Darshan extended

A court here on Tuesday extended the judicial custody of Kannada actor, Darshan Thoogudeepa along with his friend Pavithra Gowda and others, who are accused in the Renukaswamy murder case, till September 30.

All the 17 accused, including Darshan and Pavithra, were produced before the 24th Additional Chief Metropolitan Magistrate court through video conferencing from various prisons across the state, where they are lodged, as their judicial custody ended today.

The police presented some technical evidence related to the case to the court. Police on September 4 submitted to the court a 3,991-page preliminary charge sheet in the case.

The 47-year-old actor is currently lodged in Ballari prison. He was shifted there from the Parappana Agrahara Central jail here by obtaining court permission, after a photograph of him hanging out with three others, including a rowdy-sheeter, on the lawns of the jail had gone viral, sparking an uproar.

The court had also permitted shifting of other co-accused to various prisons in the state. Other accused, Pawan- Raghavendra and Nandish- are now lodged in Mysuru, Jagadish and Lakshmana in Shivamogga, Dhanraj in Dharwad, Vinay in Vijayapura, Nagaraj in Kalaburagi/Gulbarga Jail, and Pradosh in Belagavi Jail. –PTI

New office bearers of Domlur Club

New office-bearers were elected to the Domlur Club for the year 2024-2025 recently. The new office-bearers are- Maruthi J (president), Gopi R (vice president), Naveen S (general secretary), Sudhakara H (joint secretary), Renuka Prasad C (treasurer), and executive committee members Padmanabha S, Babu Reddy N, Mahanand C, Venkatesh DH, Jagadish S Varma, Ramesh P, Suresh R, Lokesh MK, Harikrishna G, and Satish Menon.

Repeatedly rejected project proposed again in eco-sensitive zone

Conservationists worry that mini-hydel project in Cauvery Wildlife Sanctury will worsen human-elephant conflict

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A mini hydel project proposed in the eco-sensitive zone of Cauvery Wildlife Sanctuary has left conservationists and wildlife activists worried. The application for the five MegaWatt capacity of the project is pending approval from the Karnataka Forest Department.

Conservationists highlight that the project diversion of 1.45 hectares of forest land has been rejected on multiple occasions in the past by various agencies

In 2016, the Deputy Conservator of Forest (DCF), Malai Mahadeshwara, Wildlife Division inspected the area after receiving the same proposal then through the diversion of 4.4188 hectares (ha) of forest land.

Inspection and scrutiny of the proposed project document showed that a total of around 4.4188 ha of unclassified forest land was requested for the proposed power project located in Palya Hobli of Kollegal taluk. It was found that the power station will be established on the left bank of the river Cauvery, which is close to Bharachukki waterfalls. Since Bharachukki waterfall area and its associated riverbeds form a critical habitat for Asiatic elephants, the proposed project would be a major obstruction to the free movement of wild elephants in the area.

Wild Indian elephants seen inside a coffee estate in Western Ghats

It was also found that if allowed, the project will have a negative impact on Wesley Bird Sanctuary in the area that supports more than 800 species of birds, rare fish, insects, and other wild animals.

The DCF office also highlighted that another mini hydel project was proposed in the same location in 2012, but was rejected by the State Board of Wildlife.

"According to a 2012 report of the Karnataka Elephant Task Force, habitat loss is a major factor for human-elephant conflict. The land proposed is forest land, which was altered to kharaab land by the Revenue Department resulting in litigation in the High Court of Karnataka. The proposed project area was also close to Dhanagur state forest of Halagur Wildlife Range and falls within the eco-sensitive zone of Cauvery Wildlife Sanctuary," noted the DCF.

Based on the observations, the DCF had recommended that the project cannot be accepted.

The then Chief Conservator of Forest (CCF) of Chamarajanagar had agreed with the recommendations of the DCF, stating that the elephant habitat on the northern bank of the Cauvery River is already disturbed and the project would just worsen it.

The said project was also declined in 2021 by the Principal Chief Conservator of Forests (Head of Forest Force), Karnataka Forest Department.

"The proposed area is an important elephant habitat. If the project is approved, it will likely worsen human-elephant conflict in the region. Therefore I request the government and Forest Department to drop this project proposal," said Giridhar Kulkarni, a wildlife conservationist.

HEALTH TIP: Ghee is a powerhouse of fat-soluble vitamins A, D, E, and K, all important for overall health

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All sizes matter

More about 'health at every size' lifestyle counselling

Health at every size (or HAES) is a lifestyle counselling approach that promotes mindful eating and lifestyle behaviours to pursue health and wellness, without focusing on weight loss.

Weight loss is seen as a beneficial side effect, rather than a goal.

The Association for Size Diversity and Health first developed the approach in 2003 and revised it in 2013 and 2024. Its current core principles promote:

- minimise weight discrimination
- encouraging body acceptance
- intuitive eating
- enjoyable physical activities.

It also aims to address stigma and discrimination that people in larger bodies may experience when seeking medical care.

Internationally, a range of health professionals have incorporated the HAES approach into their treatment. Some organisations, such as Obesity Canada, have included HAES in their guidelines for obesity treatment.

How does it compare with weight-focused treatments?

We conducted a systematic review and meta-analysis of all the research studies published until November 2022 that had used HAES-based programmes.

Across 19 scientific papers, we compared the outcomes of people living in larger bodies who used HAES-based programmes with:

- conventional weight loss programmes (six studies)
- people on waiting lists receiving no treatment at all (six studies)
- groups where people received weekly social support in groups (four studies).

We evaluated the programme's impact on appetite, weight, physical health measurements including cholesterol and blood pressure, and also wellbeing and mental health. Our analysis found HAES interventions were beneficial in reducing susceptibility to hunger more than other approaches, meaning people had less subjective perceptions of hunger or eating in response to emotions.

However, compared to control interventions, HAES did not show superior results for improving any other physical health outcome – weight loss, blood cholesterol levels, blood pressure – or wellbeing or mental health outcomes.

Given the results to date, the choice about whether to use a HAES-based approach (or not) will depend on each person's preference, needs and goals.

Don't get your health advice from influencers

While HAES has been used in clinical practice for many years, some United States and Canadian anti-diet practitioner's motives have been scrutinised because of their links with processed food companies. The spotlight was put on the very small number of dietitian "influencers" promoting "eat what you feel like" and discouraging people from making weight loss attempts, under the banner of HAES. They failed to mention they were being paid to promote products sold by food or supplement companies.

US author and dietitian Carrie Dennet urges people to not look to influencers for health advice. Instead, seek non-judgemental health care from your GP.

> **HAES approaches more beneficial in reducing susceptibility to hunger - people had less subjective perceptions of hunger or eating in response to emotions**

What might treatment look like?

When improving your health is a treatment goal, a good place to start your journey is to have a health check-up with your doctor, and assess your relationship with food.

A healthy relationship with food means being able to eat appropriate amounts and variety of foods to meet your nutritional, health and wellbeing goals. This might include strategies such as:

- keeping a food mood diary
- reflecting on factors that influence your eating
- practising mindful eating
- learning about nutrient needs
- focusing on food enjoyment and the pleasure that comes from preparing, sharing and eating with others.

If you need more help to develop this, ask your doctor to refer you to a health practitioner who can assist.

What if your goal is weight loss?

When it comes to medical nutrition therapy to treat weight-related health conditions, such as high blood pressure and type 2 diabetes, the approach will depend on individual needs and expectations.

Broadly, there are three graded energy intake target levels:

- a reduced-energy diet where the goal is to lower energy intake by 2,000 to 4,000 kilojoules (kJ) per day by identifying food substitutions, like swapping soft drinks and other sugar-sweetened drinks for zero or diet versions or water.
- a low-energy diet, which uses an energy intake goal in the range of 4,200-5,000 kJ, up to 7,000 kJ per day depending on an individual's energy expenditure.
- the most restricted regime is a very low-energy diet, has an energy intake target less than 2,500 kJ/day, achieved using formulated meal replacement products.

The aim of a very low-energy diet is to facilitate rapid weight loss when this is essential to improve health acutely such as poorly controlled type 2 diabetes. Such a diet should be used under supervision by your doctor and dietitian.

When selecting an initial strategy, seek a balance between energy intake goals and your ability to stick to it. Your approach may change over time as your health needs change.

If you need personalised nutrition advice, ask for a referral to an accredited practising dietitian. The register of service providers though Dietitians Australia allows you to view their expertise and location.

Regardless of whether your practitioner uses a HAES approach or not, your health providers should always treat you with respect and address your personal health and wellbeing.

(By Clare Collins, Erin Clarke, Jordan Stanford & María Gómez Martín, University of Newcastle, The Conversation)

MIRRORLIGHTS

Study shows how long Covid is debilitating children's health

While Covid-19 did not cause much harm to children, yet those affected are likely to suffer from Long Covid which is affecting their daily life with dizziness, fatigue, and brain fog, according to a study.

The study from the Kennedy Krieger Institute, in the US, showed that the majority of children with Long Covid are likely to experience orthostatic intolerance (OI) -- a condition that causes the body to struggle with regulating blood pressure and heart rate when standing up.

As a result, children often feel dizzy, lightheaded, fatigued, and may experience "brain fog" or cognitive difficulties.

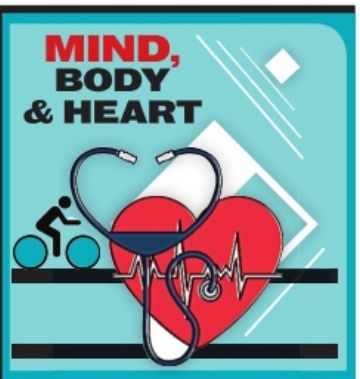
The team examined nearly 100 children and found that dizziness (67 per cent), fatigue (25 per cent), and body pain (23 per cent) were the common symptoms, which used to worsen while standing but improved when lying down.

These symptoms can make it difficult to perform everyday activities like exercising, attending school, and socialising, severely impacting their quality of life.

Further, the research reveals that OI is prevalent among children dealing with the long-term effects of SARS-CoV-2, the virus responsible for Covid-19. The team found 71 per cent of the patients

studied at the Institute experienced at least one orthostatic condition. The findings explain the relevance of screening paediatric long Covid patients for OI, as many have symptoms that could be missed without proper testing, said Dr. Laura Malone, Director of the Pediatric Post-Covid-19 Rehabilitation Clinic at Kennedy Krieger.

"Research proves this condition is common," she said, urging for "early diagnosis and treatment" which will help the children to recover and return to their normal routines. While calling for a multi-faceted approach to treatment, the researchers stressed the need to increase salt and fluid intake, exercise training, and physical therapy. **-IANS**



All you need to know about...

Sleep for liver health

Prevents cirrhosis

While a good night's sleep is known to be crucial for overall health, a new study showed it can also prevent cirrhosis among individuals with nonalcoholic fatty liver disease (NAFLD).

What is cirrhosis

Cirrhosis occurs when the liver is damaged for over a long duration and is replaced by scar tissue. The scarring prevents the liver from working properly, and can eventually lead to liver failure

Health sleep pattern

The study led by researchers from the Huazhong University of Science and Technology in China showed an association between a healthy sleep pattern and a decreased risk of cirrhosis among NAFLD patients.

The study on 112,196 NAFLD patients found that poor sleep patterns were associated with an increased risk of progression to cirrhosis.

The benefits of good sleep were observed in participants, regardless of low or high genetic risk, according to the journal Hepatology International.

The study provides "more evidence that sleep is really underrated," said Dr Abby Phillips, popularly known as LiverDoc, on social media platform X.

Optimum sleep

"You can't change your genetic profile and neither can everyone check their genetic profile. But what can be done is get some good sleep every night," he advised.

The human body requires an optimum sleep duration of 7-8 hours per night.

"Having a good night's sleep (at least 7-8 hours) has innumerable benefits on liver health and this is something not many are aware of," Phillips said.

Poor sleep is also known to be harmful to health and can lead to problems with memory and focus. It can also raise the risk of headaches, anxiety, and stress. **-IANS**

Drinking water stored in mud pots, arranged by inspector

CONTINUED FROM PAGE 1

inspector of Ashok Nagar Traffic Police Station had made a provision to ensure cool and clean drinking water for the traffic policemen regulating traffic at around 50 traffic junctions. "We are grateful to Rao Ganesh Sir for arranging mud pots at the traffic umbrellas to store drinking water. Rao Ganesh Sir has been transferred to Doddaballapur but we are still using those mud pots to store drinking water," said a police constable.

A police constable, pleading anonymity, said that it would be tough for traffic policemen to use the traffic umbrellas whenever temperature is up in the city. "I appeal to police officers and authorities concerned to engage electricians to repair the defunct fans and make arrangements to supply drinking water," said the police constable.

Joint Commissioner of Police (Traffic) MN Anucheth told BM the BBMP Traffic Engineering Cell is responsible for providing and maintaining the traffic umbrellas. "We have already submitted a list of requirements to the BBMP authorities. All the problems related to traffic umbrellas will be fixed soon," Anucheth said.

However, BBMP Traffic Engineering Cell assistant executive engineer Balakrishna said the traffic umbrellas

were provided by a private company under a public-private partnership model. "The BBMP gave consent for installing 394 traffic umbrellas as against the demand for 524 traffic umbrellas but the private company installed only 143 traffic umbrellas till date. There was a legal dispute on the usage of space around the traffic umbrellas by the private company. Now, all the legal problems are resolved," said the assistant executive engineer.

He said that he would bring the issue of defunct fans and lack of drinking water at traffic umbrellas to the notice of the company.

Parappana Agrahara prison paradox

CONTINUED FROM PAGE 1

allowed the prisoners to bypass the supposed security measures. Police from the Electronics City Sub-Division, who have been probing mobile phone and video call usage inside the prison, found that notorious and influential prisoners were not only smuggling in phones but also internet dongles.

Cleverly, these dongles were placed in cracks in the walls or hidden in specific spots that had weak jammer coverage. Despite 5G jammers being installed, some areas within the prison walls still had internet access, which the prisoners exploited.

Suspicions point to staff

The investigation has also raised suspicions that some prison staff might have known about the illegal internet usage but deliberately kept it under wraps. There are whispers that these staff members may have even collaborated with the inmates, providing them with limited, secret windows of time to use their phones.

Unsurprisingly, the inmates are staying silent when it comes to naming who helped them. They are refusing to disclose how the phones were smuggled in, leaving investigators struggling to trace the prison staff involved.

Wilson Garden Naga

On the night of September 14, the Southeastern Division police conducted a surprise raid on the prison barracks and uncovered three mobile phones and four other electronic devices in the barracks of notorious rowdy-sheeter, Wilson Garden Naga.

Naga, who has been in jail for several months along with 21 of his associates, had somehow gained access to these phones. Police suspect that Naga may have bribed prison staff to secure these devices.

Omelets and reheated meals

The investigation also uncovered some bizarre details—Naga and other inmates were using their devices not just for communication, but also for cooking!

At night, they would prepare omelets using the electronic gadgets and reheat their meals whenever they liked. Although meals are served in the prison at 4 pm, these powerful inmates preferred to eat later, using their devices to warm up their food, investigators revealed.

Who's behind it all?

With 16 mobile phones, earbuds, pen drives, and various other electronics discovered in the prison, serious questions are now being raised about the negligence or possible complicity of prison staff, as well as the Karnataka Industrial Security Force (KISF) officers tasked with overseeing security.

Authorities are working to identify which staff members may have facilitated these illegal activities. Prison officials are now under pressure to provide details about the officers on duty during the past week as the investigation deepens.

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personal

CHANGE OF NAME

I, Gitu Abraham George Neelampilalil R/o Flat 4204, Tower 4, Prestige Song Of The South, Yellenahalli, Begurkoppa Road, Bangalore - 560068, Karnataka have changed my minor daughter's name from Tiana Miriam Abhraham to Tiana Miriam Abraham.

I, K Gangadhara S/O, Subramayam Naidu R/o No 304, 3rd Floor, Sowmya Sankalp, Kodigehalli Main Road, K R Puram, Bangalore 560036 have changed my name to K Gangadhar Naidu for all purposes.

I, Sowmya Jagadish Mundlur W/o Jagadish Katta R/o No 46/9, 6th A Cross,Near Food World R.M.V. Layout, Sadashiv-anagar, Bengaluru, 560080, have changed my name to Somya Katta for all purposes.

I, Hareesh Kumar T L S/O, Lakshminarayana N R/o No 7, 6th Cross, Halsur Gate Police Station Cubbon Pet Bangalore 560002 have changed my name to Harish Kumar T L for all purposes.

I Reema Rajan W/O, Gitu Abraham George Neelampilalil R/o Flat 4204, Prestige Song Of The South, Yellenahalli, Begurkoppa Road, Bangalore - 560068, Karnataka have changed my name to Reema Abraham.

I, Vishvas Surve S/o Vaman Surve R/o HB 1601 Salarpuria Sattva Greenage, Bommanahalli, Bengaluru have changed my name to Vishvas Vaman Surve for all purposes.

I, Kalyani Deshmukh W/o Shrey Sharadkumar Shukla R/o Saket Callpolis, C-blk, 4th flr, No.403, Kaikondrahalli, B'luru-560035 have changed my name to Kalyani Prakash Deshmukh Affidavit Dt.17/09/2024 notary Harisha G, B'luru

I, Sreepriya Nellicherry Sivaraman , W/o Rajmohan Krishan, R/o No. Villa No. 23A, Prestige Regent Place, 28/2, Varthur Road, Near Thubarahalli, Bengaluru 560066 I Have changed my name from Sreepriya Nellicherry Sivaraman to Sreepriya Nellissery Sivaraman vide affidavit no IN-KA24303484458750V dated 10.12.2024 for all the purpose

I, Shailendra Kumar Gupta, S/o Shiv Kumar Gupta, Sy no. 44/4, flat no. C 104, Signature Crest Apartment, Gonighattapura village, Sarjapura Bangalore - 562125, have changed my name from Shailendra Gupta to Shailendra Kumar Gupta for all purposes

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Instagram takes step to keep children safe

Responding to pressure, platform makes teen accounts private

Instagram is making teen accounts private by default as it tries to make the platform safer for children amid a growing backlash against how social media affects young people's lives.

Beginning Tuesday in the US, UK, Canada and Australia, anyone under 18 who signs up for Instagram will be placed into restrictive teen accounts and those with existing accounts will be migrated over the next 60 days. Teens in the European Union will see their accounts adjusted later this year. Meta acknowledges that teenagers may lie about their age and says it will require them to verify their ages in more instances, like if they try to create a new account with an adult birthday. The Menlo Park, California company also said it is building technology that proactively finds teen accounts that pretend to be grownups and automatically places them into the restricted teen accounts.

The teen accounts will be private by default. Private messages are restricted so teens can only receive them from people they follow or are already connected to. "Sensitive content," such as videos of people fighting or those promoting cosmetic procedures, will be limited, Meta said. Teens will also get notifications if they are on Instagram for more than 60 minutes and a "sleep mode" will be enabled that turns off notifications and sends auto-replies to direct messages from 10 pm until 7 am. While these settings will be turned on for all teens, 16 and 17-year-olds will be able to turn them off. Kids under 16 will need their parents' permission to do so. "The three concerns we're hearing from parents are that their teens are seeing content that they don't want to see or that they're getting contacted by people they don't want to be contacted by or that they're spending too much on the app," said Naomi Gleit, head of product at Meta. "So teen accounts is really focused on addressing those three concerns."

The announcement comes as the company faces lawsuits from dozens of U.S. states that accuse it of harming young people and contributing to the youth mental health crisis by knowingly and deliberately designing features on Instagram and Facebook that addict children to its platforms. In the past, Meta's efforts at addressing teen safety and mental health on its platforms have been met with criticism that the changes don't go far enough. For instance, while kids will get a notification when they've spent 60 minutes on the app, they will be able to bypass it and continue scrolling. That's unless the child's parents turn on "parental supervision" mode, where parents can limit teens' time on Instagram to a specific amount of time, such as 15 minutes.

Teen accounts will be private by default. Private messages are restricted so teens can only receive them from people they follow or are connected to

'Sensitive content', such as videos of people fighting or those promoting cosmetic procedures, will be limited, Meta has confirmed

With the latest changes, Meta is giving parents more options to oversee their kids' accounts. Those under 16 will need a parent or guardian's permission to change their settings to less restrictive ones. They can do this by setting up "parental supervision" on their accounts and connecting them to a parent or guardian.

Nick Clegg, Meta's president of global affairs, said last week that parents don't use the parental controls the company has introduced in recent years.

Gleit said she thinks teen accounts will create a "big incentive for parents and teens to set up parental supervision."

"Parents will be able to see, via the family center, who is messaging their teen and hopefully have a conversation with their teen," she said. "If there is bullying or harassment happening, parents will have visibility into who their teen's following, who's following their teen, who their teen has messaged in the past seven days and hopefully have some of these conversations and help them navigate these really difficult situations online."

US Surgeon General Vivek Murthy said last year that tech companies put too much on parents when it comes to keeping children safe on social media.

"We're asking parents to manage a technology that's rapidly evolving that fundamentally changes how their kids think about themselves, how they build friendships, how they experience the world — and technology, by the way, that prior generations never had to manage," Murthy said in May 2023. **— AP**

Meta bans Russia state media outlets over interference

Meta said it's banning Russia state media organization from its social media platforms, alleging that the outlets used deceptive tactics to amplify Moscow's propaganda. The announcement drew a rebuke from the Kremlin on Tuesday. The company, which owns Facebook, WhatsApp and Instagram, said late Monday that it will roll out the ban over the next few days in an escalation of its efforts to counter Russia's covert influence operations.

"After careful consideration, we expanded our ongoing enforcement against Russian state media outlets: Rossiya Segodnya, RT and other related entities are now banned from our apps globally for foreign interference activity," Meta said in a prepared statement. Kremlin spokesman Dmitry Peskov lashed out, saying that "such selective actions against Russian media are unacceptable," and that "Meta with these actions are discrediting themselves."

"We have an extremely negative attitude towards this. And this, of course, complicates the prospects for normalizing our relations with Meta," Peskov told reporters during his daily conference call.

RT was formerly known as Russia Today. Rossiya Segodnya is the parent company behind state news agency RIA Novosti and news brands like Sputnik. Neither company responded immediately to a request for comment. "It's cute how there's a competition in the West — who can try to spank RT the hardest, in order to make themselves look better," RT said in a statement.

Meta's actions come days after the United States announced new sanctions on RT. **— AP**

Big Tech, calls for looser rules await new EU antitrust chief

Teresa Ribera will have to square up to Big Tech, banks and airlines if confirmed as Europe's new antitrust chief, while juggling calls for looser rules to help create EU champions.

Nominated by European Commission President Ursula von der Leyen for the high-profile antitrust post on Tuesday, Ribera has been Spain's minister for ecological transition since 2018.

The 55-year-old Spanish socialist, one of Europe's most ambitious policymakers on climate change, will have to secure European Parliament approval before taking up her post. As competition commissioner, she will be able to approve or veto multi-billion euro mergers or slap hefty fines on companies seeking to bolster their market power by throttling smaller rivals or illegally teaming up to fix prices. One of her biggest challenges will be to ensure that Amazon , Apple, Alphabet's Google, Microsoft and Meta comply with landmark rules aimed at reining in their power and giving consumers more choice. Apple, Google and Meta are firmly in outgoing EU antitrust chief Margrethe Vestager's crosshairs for falling short of complying with the Digital Markets Act. Another challenge will be how to deal with the rising popularity of artificial intelligence amid concerns about Big Tech leveraging its dominance.

Ribera may ramp up a crackdown on non-EU state subsidies begun by Vestager aimed at preventing foreign companies from acquiring EU businesses or taking part in EU public tenders with unfair state support. Recent rulings from Europe's highest court, which backed the Commission's 13 billion euro tax order to Apple, and its 2.42 billion euro antitrust fine against Google, could embolden Ribera to take a tough line against antitrust violations. **— Reuters**

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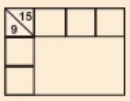
@BangaloreMirror

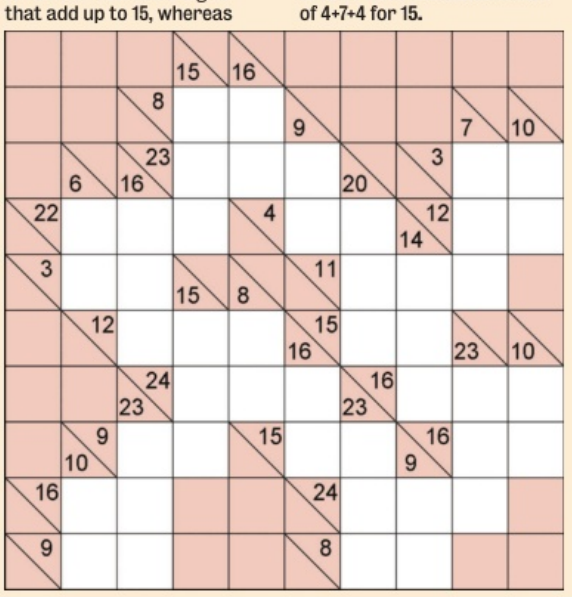
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

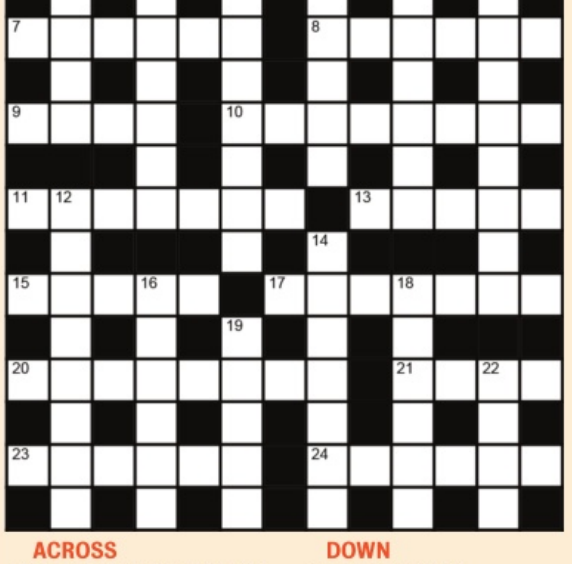


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Ex-India batsman Amre (6)
8 It may be encashed in a bank (6)
9 Leave out (4)
10 A single dot as punctuation (4,4)
11 Accumulates (7)
13 Avow or aver (5)
15 Mails (5)
17 Alike (7)
20 Determined (8)
21 Storage containers (4)
23 Capital of Mizoram (6)
24 Embryonic (6)

DOWN

1 Very serious (4)
2 James Cameron's technological marvel (6)
3 Combined or fused into one (7)
4 Clamber up (5)
5 Escapes (4,2)
6 Not my __ __ __ : not something to my liking? (3,2,3)
12 Got or was put on ice? (6,2)
14 Mentally confused (5-2)
16 Classical hard worker (6)
18 Take a drink (6)
19 City in North Karnataka (5)
22 Fiddling emperor (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: G EQUALS T

GU JCQUK GTJ ZBUX US ZUUM TJYBGT, KUW PWOG JHJFVAOJ.

Linemaro

I know why the sky is grey today... all the blue is in your eyes

Mindchow

Sometimes, wrong persons teach us the right lessons in life

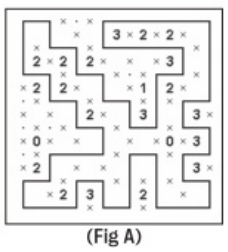
Joke of the day

Q: Where was the Declaration of Independence signed?
A: At the bottom of the page.

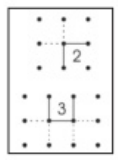
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

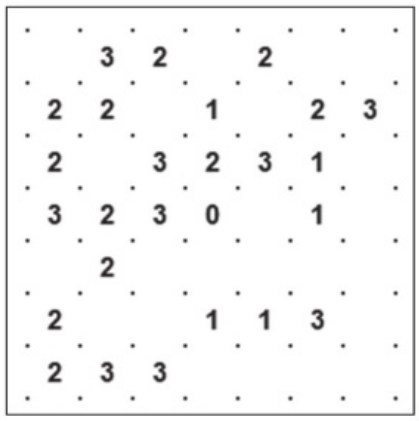


(Fig B) Not Allowed

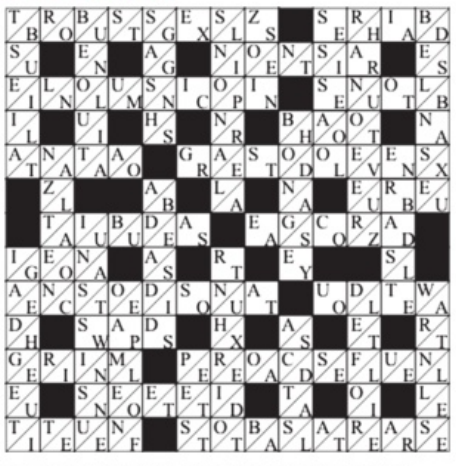
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



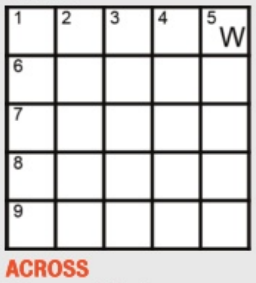
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

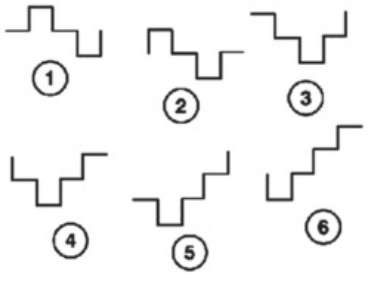
1 Crows; 6 Eosin;
7 At Zoe; 8 De Fit;
9 Us nay

DOWN

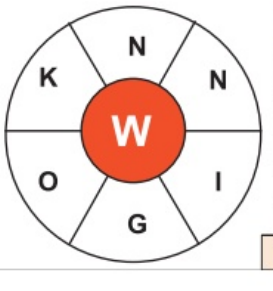
1 Fauns; 2 C zone;
3 Or Its; 4 Iotas;
5 Dewey

Mensapuzzle

What does the seventh figure look like?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; 07 Good; 09 Outstanding

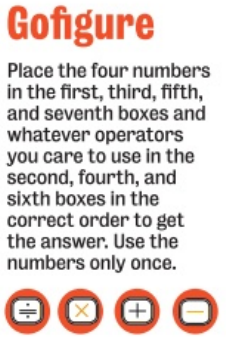
SudokuChallenge

	8	1				4	2	
			8		4			
		4		6		9		
4		9	2		1	7		8
1		6	5		8	3		9
		2		4		8		
			7		9			
	6	7				2	5	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

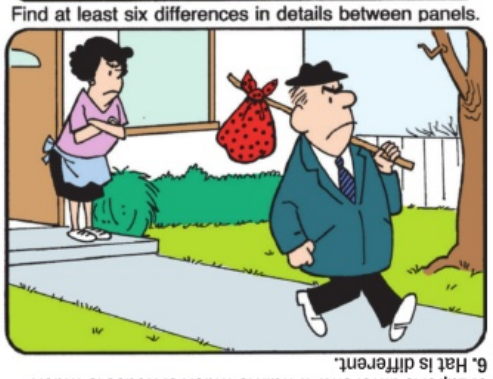
Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.



Differences: 1. Arm is longer. 2. Foot is moved. 3. Lapel is different. 4. Walk is wider. 5. House is wider. 6. Hat is different.

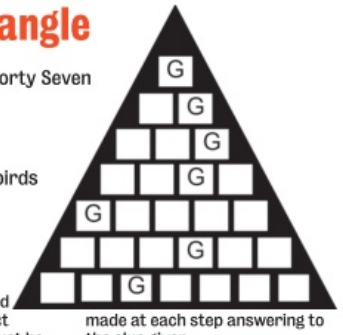
Riddler

We've all seen a rebus like "midstuckdle" (stuck in the middle). The following clues are "revrebuseserse" (rebuses in reverse). That is, the clues below are answers to rebuses which all use the "in" construction. However, the original rebus from the clues below will actually form a word. For example, "Not old in actually existing" would be "renewal" (new in real). Can you solve the rest?

1. A short poem in scarlet
2. A room-dividing structure in a female pig.
3. A joining word in a close friend

Alpha triangle

1 Gravity, symbol
2 Atomic number Forty Seven
3 Hang down
4 Wise guy
5 Go and bingo
6 Likenesses
7 Black and white birds

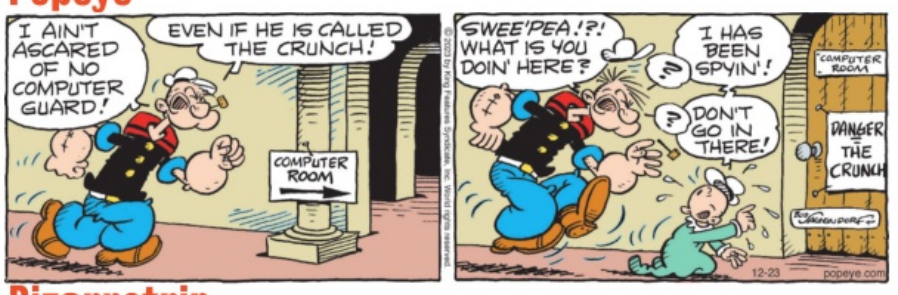


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye



Bizarrotrip

Diamond Lil

I DINED AT THAT NEW PLACE LAST NIGHT!
IT'S CALLED DUSTIN HOFFMAN'S SUSHI SHACK!
WHAT DID YOU HAVE?
TOOTSIE ROLLS!
www.creators.com

Hart of the city

KAT, I JUST SAW THE MOST BEAUTIFUL HUMAN GETTING MASHED POTATOES.
REALLY? WHO?
OH! TOBY!! COME EAT WITH US!
LUNCH TIME!
THANKS FOR THE SEAT!
P-POTATOES.

Crankshaft

MY LETTER TO THE EDITOR IS PRINTED IN THIS STARBUCK JONES OMNIBUS!
I WROTE IT!
ATOMIK KOMIX
6-14
WOULD YOU LIKE TO SIGN MY COPY?
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today is a good day for you. Investors may get good gains in their investments, it may boost your financial health. Money which was stuck, may be recovered and it may increase liquidity in the business. You may become confident and have control over hidden enemies and opponents. Singles will likely find their match in the same field or work place.

Taurus Apr 21 – May 20
Today you may feel dissatisfied, you may not be able to take your responsibilities. Your investments may give you some loss. You are advised to read documents carefully before putting your signature. Parents' health may upset you. You may plan to reconstruct your office, it is advised to postpone renovation for some days.

Gemini May 21 – Jun 21
Today you may plan to migrate from your current place to another place. It is advised to think twice before making decisions regarding migration or change of place. You may also plan a change of job. There will be peace of mind. But your kids' health might make you upset. It is advised to avoid speculation in investments. Love birds shall keep patience before making an important decision in terms of marriage.

Cancer Jun 22 – July 23
Today you may have good patience. Meditation may help you increase concentration, which may help speed up your project. Your subordinates may cooperate with you, it may help you to complete the project before the timeline. You may likely go to some short travels related to work. An influential person may help you to boost your network.

Leo Jul 24 – Aug 23
Today you may be busy with family get-togethers and social events. You may become polite with the people around you, which may increase your prestige among them. You may spend money buying some artefacts or household stuff which may improve your social status. You may likely hear some good news from one of your relatives.

Virgo Aug 24 – Sep 23
Today you may be happy and blessed by the moon, you may feel healthy, which may reflect into your way of working. You may perform well in all areas of the life, which may improve your prestige. Your concentration may be very good today, you may make some difficult decisions in your business in terms of growth.

Libra Sep 24 – Oct 22
Today your vital power may slow down, your old disease may reappear, which may make you upset. You are advised to avoid adventure tours or rash driving. You are advised to avoid any type of litigation, you may settle it out of the jury. You may also plan for an overseas tour.

Scorpio Oct 23 – Nov 22
Today you may start your day with happiness. At work, you may make quick decisions, which may increase your management skills, which may give benefits in the near future. You may expect some new source of income, which may boost your savings. With the help of your business partner, you may invest some amount in the business. Your bonding with the spouse may increase, which may result in harmony in the domestic life.

Sagittarius Nov 23 – Dec 22
Today you may be busy at your office. Due to mental tiredness, you may not be able to give time to your family. With the help of an elder's blessings, job seekers may get some high position in the job, managers may get promoted to top management. You may get rewards, which may increase your status. Professionally you may do better.

Capricorn Dec 23 – Jan 20
Today you may feel some positive vibrations around you, which may show you the right path. With the help of peace in mind, your performance on every front may be noticeable. Your destiny is with you. You may plan to visit a religious place which is somehow far from your territory. You inner sense may ask you to do some charity. You may also hear some good news in terms of grandchildren.

Aquarius Jan 21 – Feb 19
Today you may feel some internal weakness. Some major health issues may have reoccurred. You may not be able to enjoy it on a domestic and professional front. Running projects may stop unexpectedly, it may make you upset. You are advised to drive safely. The Elder's blessing may help you to come out from the messy situation.

Pisces Feb 20 – Mar 20
Today you may feel a positive vibration around you. Things are under control. You may plan to start a new business in a partnership. You may expect some long distance travel also. You will trust your spouse, which will bring harmony in your domestic life.

KIDZONE

Ramya Murthy, Bengaluru

Nihar Stanley, Bengaluru

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Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
6/10 x 120
3/5 x 120
3/5 x 120/1
= 360/5
= 72

RIDDLER
1. Reversed (verse in red),
2. Swallow (wall in sow),
3. Mandate (and in mate)

FAST FIVE

S	C	R	O	W
N	O	I	S	E
A	Z	O	T	E
F	E	T	I	D
U	N	S	A	Y

BULL'S EYE
gown, know, known, owing, owning, wing, wink, wino

STRIKE OUT

QUICK

MENSA PUZZLE
In each step, take the left most line and connect it to where the right side ends, without changing its orientation

QUOTE UNCODE
To enjoy the glow of good health, you must exercise.

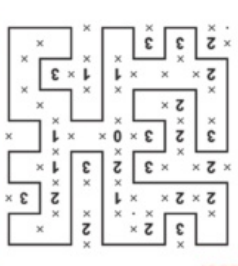
SUDOKU

6	8	1	9	5	7	4	2	3
2	9	3	8	1	4	6	7	5
5	7	4	3	6	2	9	8	1
4	5	9	2	3	1	7	6	8
7	3	8	4	9	6	5	1	2
1	2	6	5	7	8	3	4	9
3	1	2	6	4	5	8	9	7
8	4	5	7	2	9	1	3	6
9	6	7	1	8	3	2	5	4

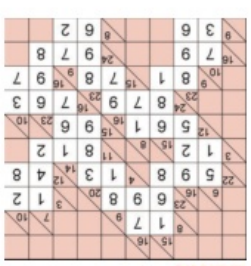
ALPHA TRIANGLE
G, AG, SAG, Sage, Games, Images, Magpies.

GO FIGURE
Easy
2 - 4 + 2 + 1 = 1
Medium
4 - 4 - 7 + 9 = 2
Hard
2 x 9 - 5 + 2 = 15

LOOP



KAKURO



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Runway success

Actress Rashmika Mandanna, currently in Milan for 'Milan Fashion Week 2024', took to social media on Tuesday to drop a tantalising hint about her upcoming runway appearance.

Her latest post suggests that she will be gracing the ramp for Onitsuka Tiger, the Japanese sports fashion brand.

Taking to Instagram Stories, Rashmika, who boasts 44 million followers, shared an intriguing snap featuring flowers and carry bags adorned with Onitsuka Tiger branding, accompanied by the caption: "always a warm welcome." The post was geotagged in Milan, Italy, hinting at her exciting upcoming runway appearance for the brand. In another post, Rashmika humorously captured a moment of her day, posing in a white shirt while enjoying a meal that included salad, croissants, coffee, and scrambled egg toast. She quipped in the caption: "Oh shit...! Why am I always eating when there are cameras around me...," adding a touch of lightheartedness to her glamorous Milan adventure.

Earlier, a source close to the industry had revealed: "Rashmika will be representing India on a global stage for the second time among many other celebrities from Asia at the Milan Fashion Week 2024." **–IANS**

Good people

Malavika recalls how Rajinikanth and Rekha were kind to her

Malavika Mohanan is all set to make her Hindi film debut with Farhan Akhtar and Ritesh Sidhwani's Yudhra opposite Siddhant Chaturvedi.

Down south, the actress has worked with some of the biggest names, from Rajinikanth to Chiyaan Vikram. Talking about her experience of working with the legend, in an exclusive interview with ETimes, Malavika said "My first film in Tamil film (Petta) was

with him (Rajinikanth), and I was playing one of the supportive characters; in my other films I was the lead, but here I was in the supporting cast, it was the only way I could share screen space with him, as I can't be cast opposite him. And he had no reason to be nice to me, but he went out of his way to make me comfortable. He knew my family's history, where I'm from, what do I eat etc, only because he took the effort to know me."

The actress also had a very fascinating experience with Rekha whom she met at an award function. Narrating the incident, she said , "When Beyond The Clouds had released, (my film with Majid Majidi Sir), I was nominated for one of the big award shows, and was sitting in the front row, next to Rekha Ji. And, she was so sweet to me, she would make small conversation with me about if I had my dinner, or where I was from. She was just making conversation with me, just to get to know me better when she had absolutely no reason to kind of extend that kind of warmth to me. And she's a very entertaining conversationalist and a talker..." **– ETimes**

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Small change

Director-cum-producer Gopal Halepalya is much relieved that a small tweak in the title has cleared all hurdles for the release of his second movie. The movie was earlier titled Nice Road but the director-cum-producer had to change it as Nite Road to avoid legal complications. Nite Road is Halepalya's second movie after Tandava that was released in 2017.

"I had to change the title to Nite Road when some people threatened to send a legal notice objecting to its title. I made arrangements to screen the movie to them but they insisted that I change the title," said Halepalya.

The director said that arrangements are being made to release the movie across the state within a few weeks. "As of now, I am busy with promotional activities for the movie. If all goes well, the movie Nite Road will arrive in theaters by the end of this month," he said. He said the movie is about sin, virtue, and reincarnation. "The movie also conveys a message to society," he said.

The movie is bankrolled by him under the Punar Geetha Cinemas banner and presented by N Raju Gowda.

Ready for release

Anant Nag and Lakshmi-starred Kannada movie Naa Ninna Bidalaare was a huge hit in 1979. Now, a Kannada movie with similar title is ready for release shortly. The team of Naa Ninna Bidalaare made arrangements for the release of the teaser at MMB Legacy Sandalwood actor Sharan was the chief guest at the event.

"This movie is the testimony to the hard work of young actress Ambaali Bharati who not only plays the heroine but also convinced her mother Bharathi Baali to bankroll this movie. An action scene in this horror film is very well done. I watch horror movies of all languages. The teaser of this movie is very good," said Sharan.

Naveen GS makes debut as a director in Sandalwood with this movie. "I worked hard to create the script. I narrated the script to Ambali Bharati and was scouting for a producer. Ambali Bharati told me to narrate the script to her mother who agreed to bankroll it."

It was a faux-tega bag

Friends' star Jennifer Aniston has opened up on the authenticity of her Bottega bag which she was carrying during a protest scene when oil was thrown at her.

A video shared by Entertainment Tonight from the Primetime Emmys red carpet shows Jen talking about the bag, and revealing that the bag was made from faux leather, and wasn't real at all. She said, "It was a faux-tega bag, secret's out. I feel like I got more concerned about the Bottega bag than myself"..

The clip of Jen getting oil thrown at her spread across social media in no time leaving the fans concerned. However, it later turned out to be a scene from her streaming show 'The Morning Show' which also stars Reese Witherspoon and Steve Carell.

The show follows the characters and culture behind a network broadcast morning news program. After allegations of sexual misconduct, the male co-anchor of the program is forced off the show.

In the show, Jen essays the role of Alexandra 'Alex' Levy, who co-hosts the titular news show. The series has received numerous accolades, including 27 Primetime Emmy Award nominations, ten Screen Actors Guild Award nominations and nine Golden Globe Award nominations.

Aniston won a Screen Actors Guild Award for Outstanding Performance by a Female Actor in a Drama Series and has received many SAG and Primetime Emmy award nominations for Outstanding Lead Actress in a Drama Series. **–IANS**